



5 Daily Mistakes Making Your Back Pain Worse



Introduction

Back pain is one of the most common health concerns I see, and many people unknowingly make small daily habits that increase strain on the spine.

The good news:

Small changes in movement, posture, recovery, and daily routines can often make a meaningful difference.

This guide covers five common habits that may worsen back pain and practical ways to start improving them today.

By Jennifer Bluntzer, DNP, APRN, NP

Disclaimer:

This guide is educational only and is not medical advice.



Mistake #1

Sitting Too Long Without Movement

Sitting Too Long

Prolonged sitting increases pressure on the lumbar spine and can contribute to stiffness, muscle fatigue, and worsening discomfort.

Quick Fix

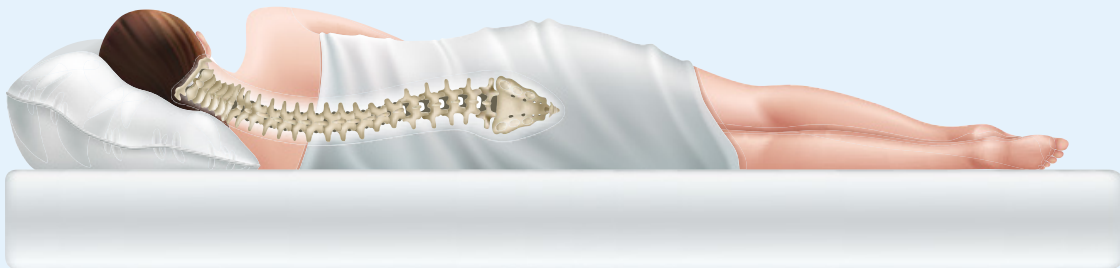
- ▣ Stand every 30–45 minutes
- ▣ Walk briefly
- ▣ Perform gentle extension stretches



Movement is medicine for many types of back pain.

Mistake #2

Poor Sleep Positioning



Sleeping posture can significantly affect spinal alignment and morning stiffness.

Better Options

- ▣ Side sleeping with pillow between knees
- ▣ Back sleeping with pillow under knees
- ▣ Avoid stomach sleeping if possible

Mistake #3

Ignoring Core and Hip Strength

Weak core and hip muscles can increase stress on the lumbar spine and reduce stability during daily activities.

Beginner Exercises

- ▣ Glute bridges
- ▣ Bird dogs
- ▣ Pelvic tilts
- ▣ Walking



Mistake #4

Trying to “Push Through” Severe Flare-Ups

While movement is often beneficial, severe flare-ups sometimes require temporary activity modification and proper recovery strategies.

Helpful Tips

- ▣ Relative rest
- ▣ Gentle mobility
- ▣ Ice/heat
- ▣ Gradual return to activity



Red Flags

Seek medical attention for:

- ▣ Bowel/bladder changes
- ▣ Severe weakness
- ▣ Groin Numbness
- ▣ Fever with back pain

Mistake #5

Believing Your MRI Defines Your Future

Imaging findings like disc bulges and degeneration are extremely common and do not always correlate with pain severity or function.

Imaging Isn't Everything

Many people improve with conservative care, movement optimization, strength, and lifestyle changes.



Ready for the Next Step?

Download:

“The 7-Day Back Pain Reset”

Includes:

- ▣ daily guided mobility
- ▣ stretches
- ▣ posture strategies
- ▣ recovery tips
- ▣ movement plan

